



REGINA TRANSITION HOUSE

Volume 1, Issue 1

December 2018

Help us achieve a community where "Women and Children Live Violence Free"

CULTURAL PROGRAMMING

With your help, we are making a difference!

"I appreciated so much how my son was treated. I will always remember the welcoming feeling that I got coming in all scared and how the people here made us feel at home and that we were cared for"

October 2018

"Staying at Transition House was wonderful. There was amazing staff that made me feel valued and safe. I am so grateful for everyone's help"

August 2018

"I feel confident going out to be on my own again. I know that there are supports all around me in my community and I want to thank everyone who has been helping me along the way"

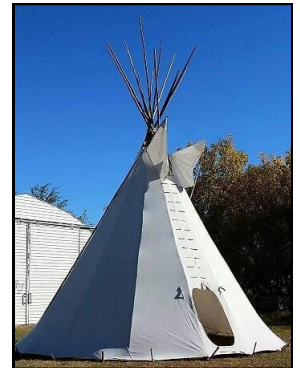
August 2018

Regina Transition House is honoured to integrate Indigenous cultural programming within the shelter. The cultural programming is intended to provide a holistic approach to our service delivery and, more so, case management. It is our belief that cultural integration will promote enhanced personal healing and strength based goal planning. Some of the activities we

have successfully offered: two traditional feasts, ribbon skirt making, beading, referrals to traditional ceremonies within the community, in-house smudging ceremonies and talking circles. Traditional drumming will soon be offered to our youth clients. Additionally, we are developing an Indigenous approach within our case management such as integrating

the Medicine Wheel model within our current case planning model. We are pleased to work with community elders for consultation and ceremonial preparation.

Char
Cultural Advisor/
Children' Support
Worker



Bridges of Hope

Our Outreach Program, Bridges of Hope, offers services for women and children who have left the shelter but want continued support. The program includes transportation to the food bank and appointments, advocacy for women, support counselling and bed referrals with Sleep Country.

We also have an Outreach group that meets Monday nights. Supper, childcare and transportation is provided for women who attend the group. Recent group topics have been moccasin making, self-esteem

building, ribbon skirt making and many talking circles.

As an Outreach Advocate, it is very rewarding to see women take the steps needed to gain independence from abuse. I see it as my role to walk with these women with full compassion and understanding, and provide emotional support to help them keep moving forward.

Geraldine
Outreach Advocate





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We Can't Do it Without You!

Christmas Wishlist

- * Air Mattresses & pumps
- * Pajamas
- * Hair brushes, tooth brushes
- * Full size shampoo, conditioner & body wash
- * Towels
- * Single bed linens
- * Diapers

At Regina Transition House we rely heavily on our volunteers. The Children's Activity Volunteers help to supervise children and involve them in activities so their caregivers can attend the education and support Outreach group on Monday evenings. Children's Activity Volunteers come in at other times to spend time with the children and to help out with household tasks such as sanitizing the toys.

We have a Kitchen Helper who has volunteered here for many years in various capacities. Many of our volunteers come from the University of Regina's Faculty of Education and Faculty of Social Work. We also get volunteers from the community at large.

Currently, we have a full complement of volunteers for which we are very grateful. In the spring, however, we will be looking for a Yard Maintenance Volunteer. This person

will be responsible for cutting the grass and doing other odd jobs around the yard.

If you are interested in volunteering at Regina Transition House, please call Katherine, Shelter Coordinator, at 306-337-2813, or email kathe-rine@reginatransitionhouse.ca



Help us save administration costs! Please provide send your email

address to:
info@reginatransitionhouse.ca



I would like to take this time to thank our enthusiastic volunteers for their generous gift of time and energy. Your work with us is highly valued and very much appreciated.

Katherine
Shelter Coordinator



YES, I WANT TO HELP REGINA TRANSITION HOUSE!

Name: _____

Address: _____

Email: _____

Please make cheque payable to: **Regina Transition House**
 Mail to: **Box 1364, Regina SK, S4P 3B8**

All charitable donations will be acknowledged with a tax deductible receipt. Federal Charitable Reg. No. 13016 7232 RR0001

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or Donate on-line at www.reginatransitionhouse.ca/donate/volunteer

or call Jennifer @ 306-337-2810